




# Don't just stand there--Stand There.



standuponit  
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[https://standuponit.livejournal.com/2010-12-09\\_11:52:00](https://standuponit.livejournal.com/2010-12-09_11:52:00)

**MOOD:** 😊 busy

**MUSIC:** Barenaked Ladies - Half a Heart

In yoga class, we're usually doing a lot of stretching, moving with our breathing. But the teacher decided to change it up this week. It was all about not moving.

Mountain pose is basically standing up: feet at hip width, legs straight, spine long, shoulders level. Yes, in yoga there's a name for standing up. I always thought that was a little weird. But here we all were, standing up.

I'm not very good at just standing there, usually. (Harpy, don't do that snort thing. You'll hurt my feelings. \*g\*) So I started getting a little twitchy after maybe fifteen seconds of this. (Count it. It's longer than it sounds.) But the teacher asked us to experience the pose as dynamic, an *active* stillness. Feet feeling the floor and the weight on them, leg muscles active and ready to flex, hips balanced and prepared to move in any direction, spine strong but still flexible, connected to the earth through the rest of the meatware and to the surrounding air by the breath. Whole body more rooted with each exhale, stronger with each inhale.

And I started to feel...different about the pose. I felt stable. Strong. My brain didn't bounce as much. Not like meditation, exactly--I wasn't trying to let go of thoughts. But the thoughts were focused, following lines like little race cars on tracks. Hummmmm. I felt like a mountain.

Standing there turned into a whole-body expression of determination, firmness of purpose. Remember Gandalf saying, "You-Shall-Not-Pass!?" Like that. Absolute stability.

I'm so used to thinking of moving as useful, and not-moving as taking up space and getting in the way. But this was...eye-opening.

I have to think about this for a while.



Random holiday cookie recipe is random.

"Peeling Bells" cookies: This is a thing my mom used to do. 2 cups flour 6 tbsp butter 3/4 cup sugar 1


Away with the dull drudgery of workaday tiday waves!

I believe this is a significant advance in pot pie technology. Make your pie crust. Par-cook

As easy as-- no, really.

I was talking about the chicken pot pie I was making on Twitter, and it turns out, a lot of people

14 comments


I own an almanac.  trinker  
December 9 2010, 19:06:34 UTC [COLLAPSE](#)

Tadasana! Yes, I love that. I've had instructors focus on keeping the shoulders softly spread, rather than bunched up by the ears, and to feel the space defined by the upraised arms. And the flow between the feet, grounded solidly on three points; vs. the hands upraised and pointing skyward. One's body as a living conduit between the stillnesses of earth and air.

Is \*awesome\*.

*Standing there turned into a whole-body expression of determination, firmness of purpose. Remember Gandalf saying, "You-Shall-Not-Pass!"? Like that. Absolute stability.*

Ahhh... con permiso? I'm going to file this away for some future where I decide to get certified as a yoga instructor.

 standuponit  
December 9 2010, 19:38:52 UTC [COLLAPSE](#)

Sure!

We did Warrior II after that. I swear I could almost see armor on everyone in the class, and energy bolts coming from their fingers. \*g\*

L I own an almanac.  trinker  
December 9 2010, 20:15:27 UTC [COLLAPSE](#)

^\_^ I wish I'd gotten a photo of me in Goddess pose while I was pregnant.

The best thing I got out of yoga was learning to be in dialogue with my body about my limits, rather than just pushing reflexively for more more more. That was \*hard\*.




 [roane](#)

[December 9 2010, 19:16:10 UTC](#)   [COLLAPSE](#)

My boss has been teaching a yoga class at work for a few weeks now, and it's all been incredibly eye-opening. We always end with savasana, which she calls the most important pose of the class. Personally, it's my favorite. :D



 [standuponit](#)

[December 9 2010, 19:41:00 UTC](#)   [COLLAPSE](#)

Sometimes there's snoring (not from me, honest). My teacher says she doesn't take points off for that. \*g\*




 [trinker](#)

[December 9 2010, 19:57:09 UTC](#)   [COLLAPSE](#)

I am a perpetual falling-asleep-during savasana person. At least, I was. I was really stressed at the time. I wonder if one day I'll stop doing that?




 [trollcatz](#)

[December 9 2010, 19:42:08 UTC](#)   [COLLAPSE](#)

I didn't snort. I kind of snickered.



 [standuponit](#)

[December 9 2010, 19:51:59 UTC](#)   [COLLAPSE](#)

...through your nose. =:>)



 [trinker](#)

[December 9 2010, 19:57:48 UTC](#)   [COLLAPSE](#)

(If she were a \*real\* yogi, she's have done it through her fingertips or the top of her head, or something. Alas, that she is mortal.)



[If you thought that was neat...](#)

 [jaybushman](#)

[December 9 2010, 20:26:28 UTC](#)   [COLLAPSE](#)


...check out a class in Restorative Yoga. It's all still poses, using props to support your weight. It's incredible to feel all the places you just cannot let go.

 [nebula99](#)

[December 9 2010, 20:38:49 UTC](#)   [COLLAPSE](#)

Ahh, I miss yoga.

I find that idea of active stillness quite interesting. I'm watching my kids do extra dance classes at the moment and so much of ballet (in particular) focuses on what they are doing when they are NOT moving - being in space and connecting with their bodies so that they are focused on the movement when it comes. I know it's not the same thing but it's interesting to watch the kids learn to focus.

 [docInghair](#)

[December 10 2010, 00:13:56 UTC](#)    [COLLAPSE](#)

First there is a Mountain. Then there is no Mountain. Then there is.

 [beautifultyrant](#)

[December 10 2010, 17:27:43 UTC](#)    [COLLAPSE](#)

Absolutely. It's a wonderful revelation in it? A lot of our movement training when I was in theatre school covered the same principles. Now, of course, when you're just standing on -stage- of course it's an active stillness, but isn't every day of your life a bit of a performance? You are always you, taking up room, breathing, alive and vibrant. Even still, that should be a presentation of strength, not something to hide.

Enjoy it more often. It'll also keep you grounded and stable in everything you do in your life, especially when you're moving or on the run. If you have grounding and strength when you're STILL, imagine how much more you have when you're being active!



 [antongarou](#)

[December 11 2010, 20:45:33 UTC](#)    [COLLAPSE](#)

Oh wow, sounds like some of the stuff we do in Aikido. As the sensei of my sensei'd sensei told us in the seminar when he was here a few years back: "In Aikido, the person who moves least, wins"

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